Adapted Ping Pong Activities

Setting up the games at home

**Game 1**
How many balls can you get to bounce in the cone? How many can you do without missing?

**Game 2**
Can you get the balls to bounce into the cones? Can you go blue, yellow and then red in order?

**Game 3**
How many balls can you get into the cones in one minute? Can you try it with fewer bounces?

**Game 4**
Can you either roll or bounce the balls through the cones? Can you do it with your other hand?

**Game 5**
Can you get the balls to bounce between the bats? Every time you get it through move the bats closer!

**Game 6**
How many balls can you make hit the bats? How many balls does it take you to hit all 3 bats?

**How to sit or stand:**

- Sit on a chair or stay in your wheelchair and use your hand or the bat
- Stand up, feet shoulder width apart, bend from the waist
- Stand up, feet shoulder width apart, bend from waist, touch your nose with the ball and throw

For more information please get in touch via peter@pingpong4u.co.uk or on 07434530134. Please ask permission to post your best action shots on @PINGPONGFORU